

# Summer Recreational Classes

The following are 8-week courses, unless specified otherwise. Classes begin the week of July 6 and end the week of August 23. Monday classes begin July 12 and end August 30.

## PRESCHOOL • KIDS

### Bumble Bee Sports

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development for little athletes. Includes T-shirt, sports photo and award. Parents are encouraged to attend. Instructor: Staff  
Fee: \$85 Resident / \$105 Nonresident

#### Ages 2 - 3 yrs.

**#0150.342** Otay

T-ball / Nerf Flag Football

Mon 5:20 - 6:05 pm

Tues (games) 4:30 - 5:15 pm

**#0150.341** Otay

T-ball / Nerf Flag Football

Thu 4 - 4:45 pm

Fri (games) 4 - 4:45 pm

**#0150.301** Heritage

Basketball / Hockey

Fri 4 - 4:45 pm

Sat (games) 10 - 10:45 am

#### Ages 4 - 5 yrs.

**#0150.343** Otay

T-ball / Nerf Flag Football

Thu 5 - 5:45 pm

Fri (games) 5 - 5:45 pm

**#0150.302** Heritage

Basketball / Hockey

Fri 4:55 - 5:40 pm

Sat (games) 11 - 11:45 am

### Mom (or Dad) & Me 18 mos. - 3 yrs.

The primary goal of this class is to develop socialization skills through exposure to other children. The activities will be geared toward interaction between the parent and child. Parents will also find this class to be a valuable way to share their child-rearing experiences with other parents. Instructor: D. Levine

Fee: \$21 Resident / \$26 Nonresident

**#0001.361** Parkway

Mon 10:30 - 11:20 am

### Me, You, and Fun, Too! 18 mos. - 3 yrs.

Parent/child program with arts & crafts, storytelling, circle time, music & movement, and more. Instructor: Staff

Fee: \$40 Resident / \$50 Nonresident

**#0280.341** Otay

Mon 3 - 3:45 pm

### Tiny Tots

Ages 3 - 5 yrs.

This program is designed to provide stimulating and enjoyable experiences for youngsters in their first step from home. Daily activities include storytelling, arts and crafts, show and tell, music, and games to develop social skills. We recommend that children who are registered for four days be enrolled at different centers. Parents provide daily snacks. All participants must be completely potty trained. Proof of age is required at the first class meeting. Instructors:

D. Sakamoto (PW), M. Campos (LV)

Fee: \$88 Resident / \$110 Nonresident

**#0090.361**

Parkway

Tue/Thu

9 - 11:50 am

**#0090.322**

Loma Verde

Tue/Thu

9 - 11:50 am

**#0090.363**

Parkway

Wed/Fri

9 - 11:50 am

**#0090.324**

Loma Verde

Wed/Fri

9 - 11:50 am

### Little Hands

Exploring, creating, and mess making get together for children. Emphasis of this class is having fun while creating. Children create a variety of projects. Expect a mess. Class requires parent participation. Materials are included.

Instructor: Staff

Fee: \$35 Resident / \$40 Nonresident

#### Ages 18 months - 3 years

**#0020.301**

Heritage

Thu

4 - 4:30 pm

#### Ages 3 - 5

**#0025.301**

Heritage

Thu

4:40 - 5:10 pm

### Made by Hand

3-5 yrs.

A special art class, where projects are as unique as your child's handprint.

Instructor: Staff

Fee: \$40 Resident / \$50 Nonresident

**#0290.341**

Otay

Wed

4 - 4:45 pm

### It's a Zoo Out There

3-5 yrs.

Learn about fascinating animals at the zoo through crafts, stories, and more. Instructor: Staff

Fee: \$40 Resident / \$50 Nonresident

**#0270.341**

Otay

Tue

3 - 3:45 pm

### Apples to Zebras 3-5 yrs.

Make learning the ABCs fun through games, songs, and arts & crafts. Each child will have an alphabet book to take home. Instructor: Staff

Fee: \$52 Resident / \$61 Nonresident

**#0240.341**

Mon/Wed

Otay

11:15 - 12:15 pm

**#0240.321**

Tue/Thu

Loma Verde

1 - 2 pm

### Tales for Tots

3-5 yrs.

We'll read children's stories together and create an art project about the book. Children will be introduced to concepts such as characters, plots, and settings. Instructor: Staff

Fee: \$32 Residents / \$39 Nonresident

**#0250.341**

Tue

Otay

11:15 - 12 pm

**#0250.321**

Mon

Loma Verde

1 - 1:45 pm

### Cars, Planes, & Choo Choo Trains

3 - 5 yrs.

Your child will enjoy exploring the world of transportation through stories, crafts, and other activities. We'll pretend together in the land of cars, planes, trains, and more! Instructor: Staff

Fee: \$40 Residents / \$50 Nonresidents

**#0260.341**

Thurs

Otay

11:15-12 pm

### Learn & Play

3 - 5 yrs.

Designed for children with more than one interest. Includes arts & crafts, music & movement, language & number development, and sports clinics. Each week, your child will bring home an item showing their accomplishments. Parent participation encouraged. Instructor: Staff

Fee: \$90 Resident / \$112 Nonresident

**#0230.341**

Tue/Thu

Otay

9:30 - 11 am

**#0230.342**

Mon/Wed

Otay

9:30 - 11 am

### Little Superstars

3 - 5 yrs.

Boys and girls will learn how to play popular sports their favorite stars play, including soccer, baseball, football, and more. Sign up early--space is limited! Instructor: Staff

Fee: \$40 Resident / \$48 Nonresident

**#0220.381**

Wed

CV Youth Center

3:15 - 4 pm

**Kreative Wonders** 18 mo. - 5 yrs.**Movement Education**

Builds children's perceptual and locomotor skills and self esteem through a variety of movement activities.

Instructors: C. Paseman (H), Staff (Otay)  
Fee: \$41 Resident / \$51 Nonresident

**Toddler Gym** 18 mos. - 2 1/2 yrs.

#0050.344

**Otay**

3:40 - 4:20 pm

#0050.301

**Heritage**

9 - 9:40 am

#0050.302

**Heritage**

9 - 9:40 am

**Kinder Gym** 2 1/2 - 3 1/2 yrs. (w/ Adult)

#0055.301

**Heritage**

9:45 - 10:25 am

#0055.302

**Heritage**

9:45 - 10:25 am

#0055.304

**Heritage**

10:30 - 11 am

**Kinder Gym 2** 3 1/2 - 5 yrs.

#0060.301

**Heritage**

10:30 - 11:10 am

**Kinder Gym Combo** 2 1/2 - 5 yrs.

#0056.343

**Otay**

4:30 - 5:10 pm

**Preschool Hip Hop** 3 - 5 yrs.

This class is for the little dancers who want to learn the basic moves of hip hop and have fun. Instructor: J. Folia

Fee: \$25 Resident / \$30 Nonresident

#0200.341

**Otay**

3:15 - 3:45 pm

#0200.381

**CV Youth Center**

3:30 - 4 pm

**Preschool Mexican Folk Dance** 3 - 5 yrs.

Basic recreational instruction in various regional dances to develop rhythm and motor-learning skills. Instructor: M. Sanchez

Fee: \$21 Resident / \$25 Nonresident

#0140.381

**CV Youth Center**

4 - 4:30 pm

**Preschool Salsa Dance** 3 - 5 yrs.

Learn the Salsa, Cha Cha, Merengue and other Latin dances in a fun and enriching environment. By professional Latin dancer: E. Alvarez

Fee: \$21 Resident / \$32 Nonresident

#0212.381

**CV Youth Center**

5 - 5:30 pm

**Preschool Flamenco Dance** 3 - 5 yrs.

Instructor: D. Weisner

Fee: \$21 Resident / \$25 Nonresident

#0142.385

**CV Youth Center**

4:30 - 5 pm

**Preschool Ballet Folklórico** 1 - 5 yrs.

The basics of graceful and exciting Folklórico dance. Learn rhythm and listening skills. Instructor: M. Sanchez

Fee: \$25 Resident / \$32 Nonresident

#0210.321

**Loma Verde**

Thu

4:15 - 4:45 pm

**Preschool Latin Dance** 1 - 5 yrs.

Beginning students learn the basics of Latin Dances in an exciting atmosphere.

Instructor: M. Sanchez

Fee: \$25 Resident / \$32 Nonresident

#0210.325

**Loma Verde**

Tue

5:15 - 5:45 pm

**Preschool Traditional Dance****Folklórico Mexicano** 3-5 yrs.

Basic recreational instruction in various regional dances. Emphasis is on developing rhythm and motor skills.

Instructor: Y. Chacón-Beniquez

Fee: \$30 Resident / \$37 Nonresident

#0140.362

**Parkway**

Sat

9:30 - 10 am

**Preschool Ballet** 3 - 5 yrs.

Learn simple ballet techniques and terminology. Emphasis on basic motor skills, creative movement and imagination.

This course covers routines, rhythm, coordination and stretching. Instructors: C. Soriano - Perez

Fee: \$21 Resident / \$25 Nonresident

**Parkway:**

#0110.361

(new students)

Mon

4 - 4:30 pm

#0110.362

(returning students)

Mon

4:30 - 5 pm

#0110.363

Tue

4 - 4:30 pm

**Heritage:**

#0110.301

(returning students)

Thu

5:30 - 6 pm

#0110.302

(new students)

Fri

5:45 - 6:15 pm

#0110.303

Fri

6:15 - 6:45 pm

**Loma Verde:**

#0110.326

(new students)

Fri

4 - 4:30 pm

#0110.327

(returning students)

Fri

4:30 - 5 pm

**Other Centers:**

#0110.344

**Otay-MAAC**

Wed

5 - 5:30 pm

#0110.385

**CV Youth Center**

Thu

4 - 4:30 pm

**Preschool Ballet & Tap** 3 - 5 yrs.

Learn elementary techniques of ballet and tap to help develop motor learning skills, with increased emphasis on creative movement combined with imagination and FUN! This course also covers routines, rhythm, coordination and stretching.

Instructor: C. Soriano-Perez

Fee: \$21 Resident / \$25 Nonresident

#0110.388

**CV Youth Center**

Sat

12:30 pm - 1 pm

**Preschool Tap Dance** 4 & 5 yrs.

Emphasis on motor skills using creative movement with imagination.

Instructor: C. Martinez

Fee: \$38 Resident / \$48 Nonresident

#0120.361

**Parkway**

Wed

4:15 - 4:45 pm

#0120.301

**Heritage**

Mon

3:30 - 4 pm

**Preschool Belly Dancing** 3 - 5 yrs.

Students will learn basic belly dancing movements, as well as dancing with veils to prepare for student performance.

8-week class. Instructors:

C. Martinez (PW). D. Weisner (YC)

Parway Fee:

\$39 Resident / \$49 Nonresident

#0180.361

**Parkway**

Fri

3:30 - 4 pm

CV Youth Center Fee:

\$21 Resident / \$25 Nonresident

#0180.381

**CV Youth Center**

Fri

4 - 4:30 pm

**Preschool Gymnastics** 4 - 5 yrs.

This class emphasizes the development of coordination, balance, flexibility and self-confidence through the introduction of beginning tumbling skills. Beginning tumblers must enroll in Preschool Tumbling I. To register for the classes, follow the guidelines listed on page 33.

Instructors: L. Cornwall, A. Camastro-Lee

Fee: \$24 Resident / \$30 Nonresident

**Preschool Gymnastics I (4 - 5 yrs)**

#0010.361

**Parkway**

Fri

2:30 - 3:20 pm

**Preschool Gymnastics II**

#0010.362

**Parkway**

Fri

3:30 - 4:20 pm

**Preschool Gymnastics I / II**

#0010.332

**Loma Verde**

Mon

3 - 3:50 pm

#0010.333

**Loma Verde**

Sat

9 - 9:50 am

# Summer Recreational Classes

The following are 8-week courses, unless specified otherwise. Classes begin the week of July 6 and end the week of August 23. Monday classes begin July 12 and end August 30.

## PERFORMING ARTS / DANCE

### Ballet

Students will learn ballet steps, techniques and terminology as they have fun and improve their poise. This course covers ballet combinations, rhythm, coordination and stretching.

Instructor: C. Soriano-Perez

Fee: \$25 Resident / \$32 Nonresident

**Level 1** 6 yrs. +  
**#1230.342** **Otay-MAAC**  
 Wed 5:30 - 6:15 pm  
**#1230.383** **CV Youth Center**  
 Thu 4:30 - 5:15 pm

**Levels 1 & 2** 6 yrs. +  
**#1235.302** **Heritage**  
 Fri 6:45 - 7:30 pm  
**#1235.324** **Loma Verde**  
 Fri 5 - 5:45 pm

**Level 2 & 3** 8 yrs. +  
**#1240.361** **Parkway**  
 Tue 4:30 - 5:15 pm

**Level 3 & 4** 10 yrs. +  
**#1230.361** **Parkway**  
 Mon 5 - 5:45 pm  
**#1230.301** **Heritage**  
 Thu 6 - 6:45 pm



### Ballet & Tap

5yrs +

Spice up your child's life with our new dancing styles, add a little fun with this GREAT new program, learn all the latest techniques of ballet and tap. Boys are welcome to join!

Instructor: C. Soriano-Perez

Fee: \$30 Resident / \$36 Nonresident

**Ages 5 – 9 yrs.**  
**#1230.384** **CV Youth Center**  
 Sat 1 – 1:45pm

**Ages 10 and up**  
**#1235.386** **CV Youth Center**  
 Sat 1:45 – 2:30pm

**Tap Dance (Level 1)** 6 yrs. & over  
 Emphasis is on basic steps, rhythm and easy routines.  
 Instructor: C. Martinez

**#1205.301** **Heritage (8 weeks)**  
 \$45 Resident / \$57 Nonresident  
 Mon 4 - 4:50 pm

**#1205.361** **Parkway (8 weeks)**  
 \$45 Resident / \$57 Nonresident  
 Wed 4:45 - 5:35 pm

**Adult Tap Dance** 16 yrs +  
 Toe-tappin' fun, learning basic steps through intermediate routines. Great exercise, great class! Tap shoes required at second class meeting. Instructor: C. Schroeder  
 Fee: \$20 Resident / \$25 Nonresident

**Intermediate**  
**#1260.362** **Parkway**  
 Mon 7 - 7:50 pm

**Beginning**  
**#1260.363** **Parkway**  
 Mon 6 - 6:50 pm

### Hip Hop

This class is for anyone who wants to learn basic hip hop, or improve on their skills. Open to all those who want to meet new people and have fun!

Instructor: J. Folia

Fee: \$30 Resident / \$38 Nonresident

**Ages 8 - 13 yrs.**

**#1365.381** **C.V. Youth Center**  
 Tue 7 - 7:50 pm

**#1365.343** **Otay**  
 Wed 6:30 - 7:20 pm

**#1365.362** **Parkway**  
 Thu 5 - 5:50 pm

**Ages 14 yrs.+**

**#1365.382** **C.V. Youth Center**  
 Tue 8 - 8:50 pm

**Creative Dance** Ages 4 - 7 yrs.

Kids! Learn dance technique in a different way!!! Improve coordination, attention, and ability to express through movement, music, and fun. Enjoy every class with games, songs, and use of a variety of items..

Instructor: C. Losada

Fee: \$41 Resident / \$51 Nonresident

**#1620.301** **Heritage**  
 Fri 4 - 4:50 pm

**Jazzy Line Dancing** 13 yrs. +  
 Join an exercise class with exciting choreography to a variety of musical selections that will keep you asking for more. Bring your friends and neighbors to join in an activity that ranges from beginner to intermediate levels.

Instructor: B. Ellis

Fee: \$37 Resident / \$45 Nonresident

**#1510.301** **Heritage**  
 Tue & Thu 7 - 9 pm

### Jazz

Learn the Jazz technique where you will work on flexibility, coordination, rhythm, and performance presence. Bring your friends and neighbors and enjoy this fun, energetic, and choreographed dance.

Instructor: C. Losada

Fee: \$45 Resident / \$56 Nonresident

**Youth** **Ages 8 - 13**  
**#1610.301** **Heritage**  
 Wed 4 - 4:50 pm

# PERFORMING ARTS / DANCE

[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)

**Youth Belly Dancing** 6 - 12 yrs.  
Students will learn rhythm, coordination and stretching. Middle Eastern outfits are colorful and have a lot of sparkle. Veils are fun!  
Instructors: L. Stacey (YC),  
D. Wiesner (H),

**#1410.381 CV Youth Center**

Fee: \$25 Resident / \$30 Nonresident

Mon (7 weeks) 6 - 7 pm

**#1410.301 Heritage**

Fee: \$37 Resident / \$45 Nonresident

Wed 5 - 5:50 pm

**Youth to Adult Belly Dancing** 6 - 21 yrs.

Instructor: C. Martinez

Fee: \$39 Resident / \$49 Nonresident

**#1540.369 Parkway**

Fri 4 - 4:50 pm

**#1454.324 Loma Verde**

Mon 6 - 6:50 pm

**Traditional Dance – Folklorico Mexicano**

Instruction offered in regional dances with emphasis on stage performance, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in fee. Instruction approval required for Level 2, Intermediate and Advanced classes. Instructor: Y. Chacón-Beniquez

Fee: \$24 Resident / \$30 Nonresident

**Beginning 6 yrs. +**

**#1245.363 (Level 1) Parkway**

Sat 11 - 11:50 am

**Beginning 18 yrs. and over**

**#1245.362 (Level 2) Parkway**

Sat 10 - 10:50 am

**Emerging Level 11 - 20 yrs.**

**#1250.361 Parkway**

Sat 1 - 1:50 pm

**Intermediate 7 yrs. & over**

**#1250.363 (Level 1) Parkway**

Sat 2 - 2:50 pm

**#1250.362 (Level 2) Parkway**

Sat 12 - 12:50 pm

**Advanced 8yrs. & over**

**#1255.361 Parkway**

Thu 6 - 6:50 pm

**Mexican Folk Dance (Beginning)** 6 yrs. +

Instruction offered in regional dances with emphasis on stage presence, self confidence and projection. Performances are given throughout the year. Costuming cost not included in fee.

Instructor: M. Sanchez (LV)

Fee: \$25 Resident / \$32 Nonresident

**#1245.321**

**Loma Verde**

Thu

5 - 5:45 pm

**Dance Technique - Folklorico Mexicano**

11 - 20 yrs.

Structured for intermediate abilities. Class includes skirt movements and stage presentations. Instructor: Y. Chacon-Beniquez

\$24 Resident / \$30 Nonresident

**#1260.361 (Girls only) Parkway**

Sat

3 - 3:50 pm

**Latin Dance**

6 - 14 yrs.

The basics of graceful and exciting Latin dance will be taught to beginners. Learn rhythm and listening skills. Instructor: M. Sanchez

\$25 Resident / \$32 Nonresident

**#1310.325**

**Loma Verde**

Tue

6 - 6:50 pm

**Salsa & Latin Dances**

Learn the Salsa, Cha Cha, Meringue and many other Latin dances in a fun and enriching environment from an experienced Latin dance professional. Instructor: E. Alvarez

Fee: \$30 Resident/\$38 Non-Resident

**Ages 6 - 12**

**#1472.341**

Mondays

**#1472.381**

Tuesdays

**Otay**

5:30 - 6:15 pm

**CV Youth Center**

5:30 - 6:15 pm

**Ages 13 & Up**

**#1472.385**

Tuesdays

**CV Youth Center**

6:15 - 7 pm

**Afro Cuban Rhythms** 8 yrs. +

Learn how to play and perform several Afro Cuban Instruments. Instructor: Juan Sanchez, has trained with some of the best international musicians, including Emilio Camacho, Tom Float, Erick Mabre, and Mark Lambson.

Fee: \$36 Resident / \$44 Nonresident

**Beginning**

**#1311.383**

Wed

**CV Youth Center**

3:30 - 4:50 pm

**Intermediate / Advanced**

**#1311.389**

Wed

**CV Youth Center**

7 - 8 pm





# Summer Recreational Classes

The following are 8-week courses, unless specified otherwise. Classes begin the week of July 6 and end the week of August 23. Monday classes begin July 12 and end August 30.

## Belly Dancing Adults

This ancient and beautiful art form has many movements that are thousands of years old. The class will cover body movements, veils and finger cymbals with dance. Instructors: Anjela (PW), L. Stacey (YC), D. Wiesner (HC)

Fee: \$36 Resident / \$45 Nonresident

<b>#1540.301</b>	<b>Heritage</b>
Mon	6 - 6:50 pm
<b>#1540.381</b>	<b>CV Youth Center</b>
Mon (7 weeks)	6 - 7 pm
<b>#1540.362</b>	<b>Parkway</b>
Wed	6:30 - 7:20 pm
<b>#1540.363</b>	<b>Parkway</b>
Tue	7 - 7:50 pm

## Cheer/Dance 7 - 10 yrs.

Students will learn the basics of cheer and dance, and learn what it takes to become a good cheerleader.

NEW Instructor: C. Hughes

Fee: \$37 Resident / \$44 Nonresident

<b>#1430.301</b>	<b>Heritage</b>
Fri	4:55 - 5:40 pm
<b>#1434.324</b>	<b>Loma Verde</b>
Tue	4 - 5 pm

## Flamenco Dance

Flamenco is one of the most renowned of all Spanish dances. Students will develop self-confidence, rhythm, teamwork, poise, stage presentation and preparation for public appearances. Practice items and costume costs are in addition to class fees.

Instructors: D. Wiesner

Fee: \$37 Resident / \$45 Nonresident

<b>Intro Level</b>	6 - 12 yrs.
<b>#1465.301</b>	<b>Heritage</b>
Tue	5 - 5:50 pm
<b>#1465.383</b>	<b>CV Youth Center</b>
Fri	5:10 - 6 pm

<b>Beg. Level I</b>	Ages 13 +
<b>#1470.301</b>	<b>Heritage</b>
Tue	6 - 6:50 pm
<b>#1470.385</b>	<b>Heritage</b>
Fri	6:10 - 7 pm

## Polynesian Dance

The basics of graceful and exciting Polynesian dance will be taught to beginners. New dances will be introduced to intermediate and advanced students, with emphasis on challenging routines and preparation for public appearances. Instructor's approval is required for all intermediate & advanced classes.

Instructors: G. Berthiaume (LV), L. Jazmin (OT)

Loma Verde Fee:  
\$21 Resident / \$25 Nonresident  
Otay Fee:  
\$28 Resident / \$35 Nonresident

<b>Beginning</b>	Ages 5 & over
<b>#1280.322</b>	<b>Loma Verde</b>
Thu	5:45 - 6:35 pm
<b>#1280.341</b>	<b>Otay</b>
Mon	6:30 - 7:20 pm

<b>Beginning</b>	Ages 12 - Adults
<b>#1290.321</b>	<b>Loma Verde</b>
Wed	7:30 - 8:20 pm

<b>Intermediate</b>	Ages 8 & over
<b>#1295.321</b>	<b>Loma Verde</b>
Wed	5:30 - 6:20 pm

<b>Advanced</b>	9 yrs. & over
<b>#1298.325</b>	<b>Loma Verde</b>
Wed	6:30 - 7:20 pm

## Beginning Salsa/Merengue Adults

Learn to dance to the popular Salsa and Merengue music. Everyone is welcome to join the fun. Participants should have prior knowledge of the basic steps of Salsa and Merengue for the intermediate class.

Instructor: E. Arredondo

Fee: \$30 Resident / \$37 Nonresident

<b>Beginning</b>	
<b>#1480.321</b>	<b>Loma Verde</b>
Mon	7 - 7:50 pm

<b>Beginning</b>	
<b>#1485.322</b>	<b>Loma Verde</b>
Tue	7 - 7:50 pm

<b>Intermediate/Advanced</b>	
<b>#1485.323</b>	<b>Loma Verde</b>
Thu	7 - 7:50 pm

## Creative Art of Acting

Experience the technical and creative aspects of theatre arts. Aspiring actors of all ages will gain insight into the principles of acting and vocal techniques, character and scene analysis, improvisation and more.

Instructor: D. Smith

Fee: Resident \$34 / Nonresident \$42

### 8 yrs & over

<b>#1530.362</b>	<b>Chula Vista Woman's Club</b>
Sun	2 - 4 pm
<b>#1530.344</b>	<b>Otay</b>
Wed	6:30 - 8:30 pm

## Keyboard 7 yrs. and over

Students learn basic keyboard playing, including note reading, fingering, chords, and rhythm. Students must provide their own keyboard with at least four octaves or 30 keys in length. Materials are included in the fee.

Instructor: N. Villanueva

Fee: \$48 Resident / \$57 Nonresident

<b>#1580.301</b>	<b>Heritage</b>
Wed	5 - 5:50 pm

## Guitar 8 yrs. & over

Experience the world of guitar playing. This course is designed to teach how to finger the guitar, read music, learn chords and rhythms. The guitar will need to be provided by the student and Melbay's Modern Guitar Book No. One is required.

Instructor: W. Rivera

Fee: \$43 Resident / \$52 Nonresident

### Beginning Guitar

<b>#1560.381</b>	<b>CV Youth Center</b>
Wed	5 - 5:50 pm

<b>#1560.301</b>	<b>Heritage</b>
Mon	5 - 5:50 pm

<b>#1560.388</b>	<b>CV Youth Center</b>
Mon	7:30 - 8:20 pm

### Intermediate Guitar

<b>#1560.382</b>	<b>CV Youth Center</b>
Wed	6 - 6:50 pm

# PERFORMING ARTS / DANCE • CREATIVE CLASSES

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## Instant Piano

(for hopelessly busy adults)

In just one three-hour workshop, students can learn enough secrets of the trade to provide years of enjoyment at the piano. Learn all the chords needed to play a song in class. It's easy & fun. \$20 materials fee will be required at the first class for a spiral bound book and 60 minute cassette tape for home study practice.

Instructor: J. Davis

Fee: \$30 Resident / \$36 Nonresident

**#1590.381 Chula Vista Woman's Club**

Mon (August 9) 6 - 9 pm

## Little Voices

7 - 12 yrs.

Students learn basic vocal techniques like breathing, phrasing, enunciation, etc. This course will also help develop confidence and teamwork. Materials are included in the fee. Instructor: N. Villanueva

Fee: \$48 Resident / \$57 Nonresident

**#1520.301**

**Heritage**

Mon

5 - 5:50 pm



## CREATIVE CLASSES

### Floral Design Adults

16 yrs. & over

Beat the costly floral arrangements in the market. Learn the basics of floral arrangement and design your own floral displays for your home. Note: there is a materials fee of \$25 in addition to the class cost. Class meets July 9 - August 12.

Instructor: C. Littlejohn

Fee: \$40 Resident / \$50 Nonresident

**#3999.380**

Fri

**CV Youth Center**

5 - 7 pm

### Cooking

6 - 12 yrs.

Youngsters learn their way around the kitchen as well as the basics of nutrition. Instructors: Staff

Fee: \$18 Resident / \$22 Nonresident

**#3111.321**

Wed

**Loma Verde**

3:30 - 4:30 pm

**#3111.362**

Thu

**Parkway**

3:30 - 4:30 pm

### Kids in the Kitchen

Ages 6-12 yrs.

This is your chance to make your dessert and eat it, too! In this fun, hands-on class, we will make snacks, easy desserts, and more. Learn kitchen safety and take home a recipe book at the end.

Instructor: Staff

Fee: \$30 Resident / \$38 Nonresident

**#3210.341**

Thu

**Otay**

3:30-4:20 pm

### Babysitter's Training Certification

11 yrs. & up

This American Red Cross certification course has been reviewed and is supported by the U.S. Consumer Product Safety Commission. Includes a certificate, babysitter's handbook, and a pin. This training will help develop skills in leadership, professionalism, basic care, safety, and first aid. For more info call (619) 691-5276. Instructor: K. Fajardo

Fee: \$45 Residents / \$54 Non-Residents

**#3116.381**

**CV Youth Center**

Saturdays, July 17 and 24

9 am - 12:30 pm (Class meets both days.)

## Drawing Plus!

6 - 10 yrs.

This course starts with several weeks of basic drawing - people, animals, places and plants with crayons, oil pastels, markers and pencils, etc. - then adds painting techniques to create some nifty images worthy of the finest refrigerator or wall. An "art shirt" is advisable.

Instructors: T. Mill (PW)

Fee: \$38 Resident / \$48 Nonresident

**#3110.361**

Wed

**Parkway**

3:30 - 4:20 pm

## Drawing For Kids

6-10 yrs.

Beginning drawing class where kids will develop a sense of observation. Creativity and individuality will be encouraged. Different media will be presented (pencil, chalk, marker, etc.)

Instructor: C. Olimon

Fee: \$37 Resident / \$45 Nonresident

**#3160.301**

Tue

**Heritage**

5 - 5:50 pm

**#3160.302**

Tue

**Heritage**

6 - 6:50 pm

**#3105.325**

Thu

**Loma Verde**

5 - 5:50 pm

## Creative Comic Strips

6 yrs. and over

Students will learn how to create characters, develop a story strip, utilize background details, and breakdown a layout. Students will learn penciling, inking, and coloring techniques. All materials are included.

Fee: \$30 Residents / \$35 Nonresidents

**#3250.325**

Thu

**Loma Verde**

6 - 8 pm

## Made by Hand

Ages 6-10 yrs.

Join us for this special art class, where everything your child brings home will be unique because it will be made from their very own handprint.

Instructor: Staff

Fee: \$40 Resident / \$50 Nonresident

**#3190.341**

Tue

**Otay**

5-5:45 pm

# Summer Recreational Classes

The following are 8-week courses, unless specified otherwise. Classes begin the week of July 6 and end the week of August 23. Monday classes begin July 12 and end August 30.

**Melt & Pour Soapcrafting** 13 - Adult  
Crafting with transparent and opaque melt and pour soap is creative, fun, and easy. This class will cover all the basics, including coloration, scenting, and embedding, with demonstration of several complex coloring techniques. Optional materials available for purchase.  
Instructor: L. Gonzalez  
Fee: \$40 Resident/ \$49 Nonresident

**#3300.301** **Heritage**  
August 14 1 - 4 pm

**Creative Clay** 6 yrs. & over  
This class welcomes beginning through advanced students. Several basic ceramic handbuilding techniques will be taught. Creativity will be encouraged along with learning. Fee includes one bag of clay, some tools and glazes. Extra clay, tools and glazes are additional.  
Instructor: A. Melzer  
Fee: \$30 Resident / \$35 Nonresident

**#3180.321** **Loma Verde**  
Mon 6 - 8 pm

**Totally Art!** 6 - 10 yrs.  
Banners and books, cards and creatures, constructions, collages, montages and masks are among the art projects in this course of exploration in many media. Dress for mess! Fee includes supplies.  
Instructor: Staff  
Fee: \$30 Resident / \$38 Nonresident

**#3150.301** **Heritage**  
Wed 6 - 6:50 pm  
**#3150.302** **Heritage**  
Tue 4 - 4:50 pm  
**#3150.343** **Otay**  
Thu 4:30 - 5:20 pm

**Home Soap Making** Ages 13- Adult  
(Under 18 must be accompanied by an adult.) Herbal soaps are gentle to your skin, environmentally friendly, and make special, unique gifts. Come learn the basic of natural soapmaking through a demonstration of the traditional cold-process method using oils and sodium hydroxide. Topics include choosing suitable oils and molds, scenting with aromatherapy essential oils, and using herbs and natural dyes for coloration.  
Instructor: L. Gonzalez  
Fee: \$30 Resident/\$37 Nonresident

**#3305.301** **Heritage**  
July 17 1 - 4 pm

**Ceramics** 10 yrs & over  
This introductory class is designed to teach students the basics of working with ceramics. Molds and kiln are available. Other materials are supplied by students.  
Instructor: N. Wallis (Loma Verde)  
Fee: \$27 Resident / \$31 Nonresident

**#3200.321** **Loma Verde**  
Thu 9 - 12 am  
**#3200.323** **Loma Verde**  
Wed 6 - 8 pm  
**#3200.322** **Loma Verde**  
Wed 9 - 12 am

**Cartooning** Ages 8-14  
Learn the basic drawing techniques of cartooning and rendering everyday objects and people as cartoons. Develop cartoon characters into a comic strip and learn comic book production. Fee includes supplies.  
Instructor: G. Holcomb  
Fee: \$26 Resident / \$33 Nonresident

**#3260.362** **Parkway**  
Wed 6 - 6:50 pm

**Nature Print Making & More** Ages 7-12  
This class is designed to introduce students to the magic of printmaking using natural materials such as, leaves, wood, shells, and more! Combine design elements, color use, collage and some painting and drawing to create original art, ready to be framed! This class is taught by a professional artist and the fee includes materials. An "art shirt" is recommended. Instructor: L. Richez-Bowman  
Fee: \$35 Resident / \$43 Nonresident

**#3130.361** **Parkway**  
Thur 4 - 4:50 pm  
**#3130.301** **Heritage**  
Mon 4 - 4:50 pm  
**#3130.302** **Heritage**  
Fri 4 - 4:50 pm

**Clay Plus!** 6 - 10 yrs.  
Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. Wonderfully messy! Great fun! Bring an apron or "art shirt."  
Instructor: T. Mill  
Fee: \$40 Resident / \$50 Nonresident

**#3120.361** **Parkway**  
Wed 4:30 - 5:20 pm

**Kool Painting Techniques for Kids** Ages 7-15  
Develop your child's creativity. Participants will learn how to use common objects such as sponges, toothbrushes, sand paper and more to paint fun projects and make original crafts on wood, fabric or other surfaces. Materials fee of \$25 to be paid to instructor: L. Pena  
Fee: \$20 Resident / \$25 Nonresident

**#3140.301** **Heritage**  
June 25 2 - 5 pm

# CREATIVE CLASSES

[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)

## Uñas Acrílicas

13 yrs. & over

Clases acerca de uñas acrílicas en español. Estudiantes aprenderán como aplicar uñas preciosas por una profesional. Los estudiantes tienen que proveer sus propias materiales. (This class is offered in the Spanish language only.) Instructor: M. Lizarraga  
Fee: \$30 Resident / \$36 Nonresident

**#3112.381**

**CV Youth Center**

Mon

4 - 5:50 pm

## Reading Readiness

(4 week class)

Going into grades 1 and 2

This is a basic skills reading class. Through art, storytelling, readers theatre, and phonics games, the children will practice sounds, letters, and words while gaining confidence in their reading ability. Certified teacher, 16 hours of instruction. Instructor: D. Judge  
Fee: \$70 Resident / \$88 Nonresident

**#4220.341**

**Otay**

Tues/Thurs

1:00-3:00 pm

## Math Preparedness

Ages 6-12 yrs.

(4 week class)

Tired of playing catch up after your summer break? Does your child need to work on school work during the summer? This is a basic skills mathematics class. Students will be taught what to expect in the upcoming grade they are entering this fall. These lessons will be taught with numbers, words, and pictures. 8 hours of instruction.

Instructor: T. Scott

Fee: \$35 Resident / \$44 Nonresident

Going into grades 1st-3rd

**#4210.341**

**Otay**

Mon/Wed

1 - 2 pm

Going into grades 4th-6th

**#4210.342**

**Otay**

Mon/Wed

2 - 3 pm

## Etiquette & Social Skills for Children

Ages 6 - 12

Etiquette is a essential life skill that increases self-esteem and allows children to feel confident in any kind of social situation. During this course the instructor will clearly explain the reasons and principles behind the practices of good manners. Children have fun while they learn. This very special 6-hour course includes:

- Setting the Foundation - Why Manners are important
- First Impressions – Introductions, Meetings and Greetings
- Communicate with Confidence – Speaking and Listening Skills
- Table Setting – What goes where
- Table Manners – Do's and Don't
- Body Language and Poise - Standing, Sitting and Walking
- At a Restaurant – With Family and Friends
- Phone Manners
- Thank You Cards

Instructor: Maggie O'Farrill

Fee: \$75 Resident / \$94 Nonresident  
(Fee includes food.)

**#4415.301**

July 14, 15

**Heritage**

9 am - 12 pm

**#4415.302**

July 24, 31

**Heritage**

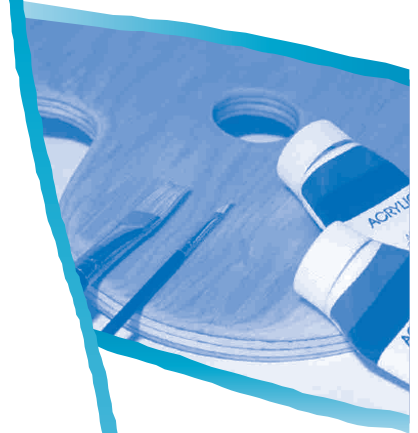
12 - 3 pm

**#4415.303**

August 14, 21

**Heritage**

12 - 3 pm





# Summer Recreational Classes

The following are 8-week courses, unless specified otherwise. Classes begin the week of July 6 and end the week of August 23. Monday classes begin July 12 and end August 30.

## FITNESS

**Loma Verde Step Aerobics** Adults  
Tone, firm and shape the upper and lower body with exercise bands and hand weights. Improve circulation and breathing, strengthen bones and muscles. Decrease stress and anxiety, gain better control of body weight and diet. Lower both blood pressure and cholesterol. Meet new friends and most importantly, have fun!  
Instructor: C. Saunders  
Fee: \$5/day or \$20/month  
**Loma Verde**  
Mon/Wed/Fri 6 - 7 pm

**Aerobics Plus** Adults  
Combine cardio kick boxing, low, high/low and STEP and you have the perfect combination of basic moves to take your workout to any intensity level you want. No experience required. Instructor: M. Bustillos. Fee: \$5/day or \$20/month  
**Loma Verde**  
Mon/Tue/Thu 9 - 10 am

**Realistic Self Defense Training**  
Ages 13+  
This training is based around realistic self-defense, hand-to-hand combat, defense against multiple attackers, and awareness training. This class is designed to help women avoid a bad situation and build self confidence in a combination of exercise and fun. Instructor: Master G. Amen  
Fee: \$41 Resident / \$50 Nonresident  
**#4340.301** **Heritage**  
Mon 6 - 7:30 pm

**Yoga** Adults  
Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements. Instructor: Y. Rodriguez, certified Yoga Instructor (YC, LV); F. Rosas (Heritage)  
Fee: \$5/day or \$25/8-week session  
**#4110.381** **CV Youth Center**  
Mon 6:30 - 7:30 pm  
**#4110.322** **Loma Verde**  
Wed 7 - 8 pm  
**Heritage**  
Fee: \$5 per day or \$40 per month  
Mon 8 - 9 pm  
Wed 7 - 8 pm  
Sat 9 - 10 am

**Women's Tennis Lessons** 18 and over  
Wednesdays  
Instructor: Tennis pro, J. Villanueva  
Fee: \$60/month  
**#5565.387** **Mackenzie Creek Park**  
Begins July 7 7 - 8 pm  
**#5565.388** **Mackenzie Creek Park**  
Begins August 4 7 - 8 pm  
**#5565.389** **Mackenzie Creek Park**  
Begins Sept. 8 7 - 8 pm

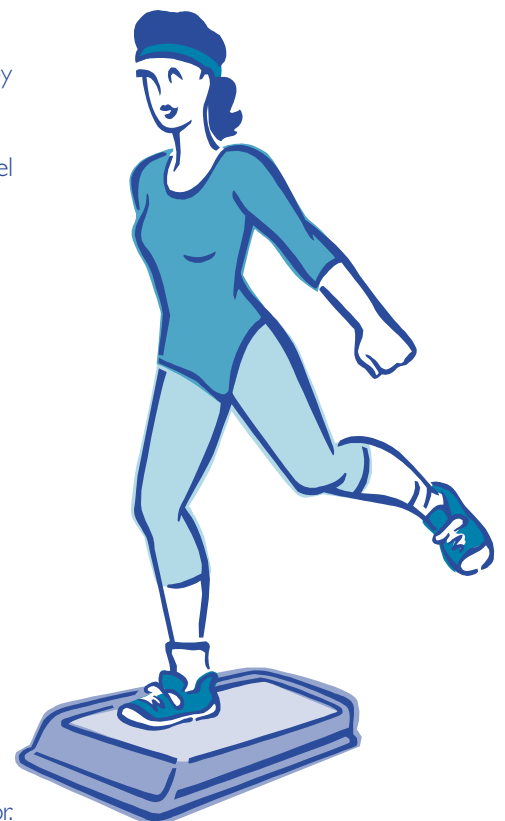
**Private & Semi Private Tennis Lessons**  
Ages 5 & up  
The Recreation Department is now offering private and semi-private tennis lessons at all City of Chula Vista tennis courts. To schedule a tennis professional please call (619) 691 - 5140.  
Fee: \$50 to \$80 an hour

**Archery**  
Learn the fun and growing sport of archery. Basic instruction is provided by an instructor certified by the National Archery Association. Equipment is provided. The class location is Paseo Del Rey Park, 750 Paseo Del Rey.  
Instructor: M. LeBlanc  
Fee: \$36 Resident / \$44 Nonresident  
**Beginning** 8 - 17 yrs.  
**#4230.381** **Paseo Del Rey**  
**Park**  
Sat 9 - 9:50 am  
**Intermediate** 8 - 17 yrs.  
**#4235.381\*** **Paseo Del Rey**  
**Park**  
Sat 10 - 10:50 am  
**Advanced** 13 yrs. - Adult  
**#4240.382 \*** **Paseo Del Rey**  
**Park**  
Sat 11 - 11:50 am  
\*Prerequisite: Successful completion of beginning course and approval of instructor.

**Cardio Ab Workout** Adults  
This low impact cardiovascular workout combines traditional martial art movements with full body stretching. Emphasis on upper and lower abdominal. Participants need to bring a towel or mat.  
Instructor: J. Hickman  
Fee: \$29 Resident / \$36 Nonresident  
**#4260.363** **Chula Vista Woman's Club**  
Tue 7 - 7:50 pm

**Parkway Morning Aerobics** Adults  
Wake up to a low impact cardiovascular workout. Register your kids in Tiny Tots and enjoy a brisk workout while they are in class. Instructor: A. Burrill  
Fee: \$5/single class or \$20/month

**Parkway Center**  
Mon/Wed/Fri 9 - 9:50 am



### Parkway Strength Training Adults

An all-over body shaping and strengthening workout using weights, yoga, and bodybuilding techniques. Get the benefit of a personal trainer's attention and expertise in this fun, small group setting.

Instructor: N. Kelsey

Fee: \$7/single class or \$27 monthly\*\*

### Parkway Center

Mon/Thurs 5:30-6:30 pm

### Parkway Step Aerobics Adults

Great low-impact cardiovascular workouts utilizing step benches. Improve your health and burn fat the fast and fun way.

Instructor: N. Kelsey

Fee: \$7/single class or \$27/monthly\*\*

### Parkway Center

Tues/Fri 5:30-6:30 pm

\*\*For optimum results at a discounted price, take advantage of combining both the step and strength classes for only \$50 per calendar month. Classes are on-going. Enroll with the instructor at any time.

### Pilates Adults

Pilates lengthens, strengthens, and tones the entire body concentrating on your core muscle groups. Students should bring pilates mat, water and towel.

Certified Pilates Instructor: K. Dickson

Fee: \$5/day or \$45/8 week session

**#4682.383 CV Youth Center**

Mon/Wed 7:30-8:30 pm

(Class meets both days.)

### Recreational Karate

These recreational classes provide excellent exposure to karate. Instructors are used from local martial arts studios. Any formal testing for belts is done at those studios under guidelines set up by the karate federation that the studio is affiliated with. The Recreation Department does not endorse outside studios. Arrangements for taking lessons from those studios are separate from the Recreation program.

Also, any additional fees associated with this program (uniform, federation fees, testing) are administered through the class instructor. Instructor's approval is required for all intermediate and advanced classes.

### Ryuei-Ryu

Instructor: J. Hickman

Fee: \$20 Resident / \$25 Nonresident

**Beginning** 5 - 11 yrs.

**#4310.361 Chula Vista Woman's Club**

Tue 5 - 5:50 pm

**Intermediate** 5 yrs. & over

**#4315.361 Chula Vista Woman's Club**

Tue 6 - 6:50 pm

### Shito-Ryu Karate 5 yrs. & Over

Instructor: J. Martinez

Fee: \$45 Resident/\$56 Nonresident

**#4330.301 Heritage**

July 20 - September 9

Tue/Thu 4 - 4:50 pm

### Karate-Do

Instructor: S. Ingalls

Fee: \$26 Resident / \$32 Nonresident

**Beginning** 5 - 11 yrs.

**#4320.381 CV Youth Center**

Thu 5:30 - 6:20 pm

**#4320.322 Loma Verde**

Tue 5 - 5:50 pm

**Beginning/Intermediate** 12 yrs. & over

**#4325.383 CV Youth Center**

Thu 6:30 - 7:20 pm

**#4325.324 Loma Verde**

Tue 6 - 6:50 pm

### Taekwondo

Instructor: S. Juare

Fee: \$30/Month

Mon & Wed

**#4381.387**

**#4381.388**

**#4381.389**

7 yrs - Adults

**CV Youth Center**

4:30 - 6 pm

**July**

**August**

**September**

### Judo

5 yrs. - adults

The ancient martial art of judo provides personal development through precise physical movements and a disciplined attitude. Develop self-defense techniques and strive to perfect individual character. Additional fees are associated with this program (i.e. uniform, federation fee). Instructors: M. Ozaki & Staff

Fee: \$20 Resident / \$24 Nonresident

### Beginning

**#4360.381 Chula Vista Youth Center**

Tue 7 - 7:50 pm

**#4360.382 Chula Vista Youth Center**

Thu 7 - 7:50 pm

### Advanced

**#4365.381 Chula Vista Youth Center**

Tue 8 - 8:50 pm

**#4365.382 Chula Vista Youth Center**

Thu 8 - 8:50 pm

### "Out of the Ring" - Cardio Boxing

This 8-week class provides basic fundamentals and conditioning of boxing fitness for beginners. This course includes non-contact skills and drills teaching body position, footwork, hand speed and punching, bag work and shadow boxing. Instructor: J. Diaz

**8 - 16 yrs.**

Fee: \$35 Resident / \$43 Nonresident

**#4680.341**

**Otay** 12:30 - 1:30 pm

### Adults

Fee: \$43 Resident / \$55 Nonresident

**#4680.342**

**Otay** Mon/Wed 6:30 - 7:20 pm

# Summer Recreational Classes

The following are 8-week courses, unless specified otherwise. Classes begin the week of July 6 and end the week of August 23. Monday classes begin July 12 and end August 30.

## GYMNASTICS

6 yrs & over  
Patterned after the program of the U.S. Gymnastics Federation to build a strong skill foundation. Major emphasis is on floor tumbling. New students MUST enroll in Gymnastics I. Gymnastics II students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, bridge kickovers, and pullovers on the bar. Gymnastics III students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, bridge kickovers, and pullovers and back hip-circles on the bar.  
Instructors: L. Cornwall, T. Desmond  
Fee: \$24 Resident / \$30 Nonresident

### Gymnastics I / Novice (6 years & over)

**#4105.325** Loma Verde  
Sat 10 - 10:50 am  
**#4105.323** Loma Verde  
Mon 4 - 4:50 pm

### Gymnastics I & II (6 years & over)

**#4105.361** Parkway  
Fri 4:30 - 5:20 pm  
**#4105.362** Parkway  
Wed 3 - 3:50 pm  
**#4105.363** Parkway  
Wed 4 - 4:50 pm

### Gymnastics II

**#4110.323** Loma Verde  
Sat 12 - 12:50 pm

### Gymnastics II & III

**#4110.361** Parkway  
Fri 5:30 - 6:20 pm  
**#4131.326** Loma Verde  
Sat 1 - 1:50 pm

### Boys Gymnastics (all levels)

**#4130.324** Loma Verde  
Sat 11 - 11:50 am

## OTAY FITNESS CENTER

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals.

### Quarterly Memberships:

1. Jan 1 - Mar. 31 2. April 1 - June 30  
3. July 1 - Sept. 30 4. Oct 1 - Dec. 31

**Adult Fitness Membership** 15 yrs. & over  
Unlimited use of the Fitness Center during operational hours (see page 3.)  
Fee: \$25 Resident / \$50 Nonresident

**#4620.345** Otay

### Youth/Teen Fitness 10 - 17 yrs.

The main goal of this 8-week program to give youth of all fitness levels the benefits of physical fitness. Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health. Includes limited use of Fitness Center.  
Fee: \$15 Resident / \$18 Nonresident

**Youth Fitness Team** 10 - 12 yrs.  
**#4620.341** Otay

Mon/Wed 4 - 5 pm

**Teen Power Team** 13 - 17 yrs.  
**#4620.343** Otay

Tue/Thu 4 - 5 pm

### Morning Circuit

Designed for beginners, this 12-week program uses 3 workout routines from leading exercise magazines. Routines will be fun and challenging and include both a cardiovascular workout, and strength training and toning. Includes body fat analysis, measurements, and a before and after photo. Work in a group for motivation and support. Fee includes Fitness Center Membership.

Fee: \$42 Resident / \$53 Nonresident

**#4620.348** Otay  
Mon/Wed/Fri 9:30 - 11 am

### Adaptive Fitness Ages 16+

This morning circuit workout program is designed for teens and adults with physical challenges. The workout will be fun, yet challenging, and will include strength training, toning, and cardiovascular work. Registration required. (12 weeks)

Fee: \$42 Resident / \$53 Nonresident

**#4620.349** Otay  
Mon/Wed/Fri 9:30 - 11 am

